

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

OCTOBER 2015



Flu Clinic—Friday, October 2nd 10am—1pm



The Middletown Health Department will be sponsoring a flu clinic for Middletown residents 60+ at our center. Please bring your Medicare/Insurance card with you. No appointment necessary. First come—first serve.

FALL CRAFT FAIR

Thursday, October 22nd 1pm-3pm

Get a jump start on your holiday gift shopping! Attendance at the Fall Craft fair is open to everyone. Come and browse through handmade one of a kind items, specialty gifts, and a variety of other goods. Space still available for vendors. Vendor applications are available online or at the front desk. \$5 for members (returned the day of the event) and \$15 for any outside vendors (non-refundable).

LIVE WITH LAURA!

Talk Show October 27th 2pm

Episode 2 of "Live With Laura" will take place in the dining hall on Tuesday, October 27th at 2pm. This exciting event is a live talk show. Three of our members will be interviewed by Laura. This month's show features...

- ⇒ **Frank Bronner**
- ⇒ **Annabelle Malone**
- ⇒ **Robert Barbour**

Each of us has a story to tell. Stop by and listen to these 3 members as they share their story. Be part of the live audience to share in the fun! You won't want to miss this one!!

Health Seminar—Breast Cancer Friday, October 30th at 10:30am

October is National Breast Cancer Awareness Month. In honor of that, this month's seminar is about breast cancer. Janet Leonardi, RN will be giving the presentation. This is a free seminar and no pre-registration is required.



Special Bus Trips First Come—First Serve Sign-ups

October 11th— "Little Shop of Horrors" at the Ivoryton Playhouse. Bus leaves at 1pm. \$32

November 1st—"Mamma Mia" at the Bushnell. Bus leaves at 12pm. \$30

December 6th—"A Christmas Carol" at Hartford Stage. Bus leaves at 1pm. \$20

Fall Harvest Party Thursday, October 29th at 5:30pm

****Please Note the New Date****

This fall harvest party will feature a roast beef dinner with potato and vegetable, Halloween themed party games, and live music by Jim Harkins. Since this is the week of Halloween, all are welcome to come in costume and compete for the best costume prize but it is certainly not required. \$8 pre-registration by 10/26.

Musical Entertainment
Michael Armentano
October 6th at 12:30pm

Michael is an acoustic guitarist/vocalist whose repertoire consists of songs from the 50s, 60s, and 70s. The material is from a variety of artists such as Bobby Darin, Elvis Presley, Dean Martin, Glen Campbell, Hank Williams, Credence Clearwater Revival, Ricky Nelson, Dion, John Denver, Jim Croce, Joey Dee, Sam Cooke, The Beatles and the Drifters. This event is free and no pre-registration is required.



Jeff the Plant Guy is Back
September 30th at 10am

This fun interactive program will be a sour walk through the history of lemons. \$1 and pre-registration is required by 9/29.

Early Bird Dinner—October 8th at 3pm

This month's afternoon dinner is a hamburger, cup of Rhode Island Clam Chowder, and dessert. \$5 and pre-registration is required. The deadline to sign-up is 10/6. This is a sit-down event—no take out.



Apple Crisp Social
Thursday, October 15th at 3pm

Come socialize, have fun and enjoy a delicious apple crisp with vanilla ice cream, music, and a live balloon artist. \$2 and pre-registration is required.



The registration deadline is noon on 10/13. You won't want to miss this social!

Craft with Heidi
Friday, October 23rd at 10am



Make a festive fall decoration to take home! \$5 to participate and pre-registration is required. Space is limited. Registration closes on October 19th.

Guided Meditation

****NEW PROGRAM BY POPULAR DEMAND****

Fridays at 11am

Join Elizabeth Lupacchino, CHt, RMP for guided group meditation sessions. As a hypnotherapist, Elizabeth works closely with Middlesex Hospital and sees patients privately and in a group session. No pre-registration is required, but attendance will be taken.

Relax

Medicare Open Enrollment
October 15th—December 7th



In order to assist you with this open enrollment period and help you get all of your questions answered, we will be hosting the following events:

Thursday, October 22nd at 6pm
Medicare Informational Seminar

Bring your Questions!!!

FREE—must pre-register by 10/20

Thursday, November 19th 9am-3pm
Enrollment Event by Appointment

Certified CHOICES Counselor will meet with you one on one to help you complete your enrollment and answer any questions you might have

Appointment is required.

Call 860-638-4540 to schedule.

Thursday, December 3rd 9am-3pm
Enrollment Event by Appointment

Certified CHOICES Counselor will meet with you one on one to help you complete your enrollment and answer any questions you might have

Appointment is required.

Call 860-638-4540 to schedule.

Senior Services Division Contact Information

Main Number:	(860) 638-4540
Fax Number:	(860) 343-5427
Senior Services E-mail:	Seniors@MiddletownCT.gov
Senior Services Website:	www.middletownct.gov/seniors
Acting Director:	Debbie Stanley (860) 638-4501
Senior Services Manager:	Ann Gregg (860) 638-4548
Senior Services Coordinator:	Heidi Geores (860) 638-4541
Senior Services Specialist:	Laura Runte (860) 638-4542
Municipal Agent / ADA Compliance Officer:	Laura Runte (860) 638-4542
Custodian/Program Aide:	John Marion (860) 638-4540
Night Custodian:	Billy Martinez (860) 638-4540
Bus Driver:	Mike Rogalsky (860) 638-4540
Café Manager/Reserve Lunch:	CW Resources (860) 558-5285 (Brian)

Volunteer Club Meeting Monday, October 19th at 10:30am

Come and find out how you can get involved!

Recurring Programs/Services

(F) = Free (\$) = Cost Associated

Arthritis Exercise—Thursdays at 12:30pm (F)
Billiards—Anytime (F)
Bingo—Wednesdays & Fridays at 1pm (\$)
Bocce—Anytime / Lessons Fridays at 9am (F)
Blood Pressure Clinic—Tuesdays 12:45-1:45pm (F)
Book Club—Last Monday of the month at 2:30pm (\$ for book)
Cable TV—Anytime (F)
Card Games—Thursdays at 12:30pm & Fridays at 1pm (F)
Ceramics—Mondays & Wednesdays at 12:30pm (\$)
Computers—Laptops are available for use anytime—Instruction usually provided 3rd Friday of the month 9-11 (F)
Cribbage—Fridays at 1pm (F)
Dancing for Joy—Mondays at 1:30pm (F)
Dominoes—Anytime & Mondays at 12:30pm (F)
Exercise—Mondays & Wednesdays 9am & Thursdays 10am (F)
Foot Care Clinic—2nd & 4th Wednesday 9am-3pm (\$)
Gardening—Thursdays at 9am or Anytime (F)
Hearing Screening—3rd Wednesday of the month 12-1 (F)
Knitting—Thursdays at 1pm (F)
Lending Library—Anytime (F)
Line Dancing—Thursdays at 2pm (F)
Mahjong—Thursdays 9am-12pm (F)
Massage Therapy—1st & 3rd Monday 9am-2:30pm (\$)
Middletuners Chorus Practice—Wednesdays at 3pm (F)
Movies—Tuesdays at 12:30pm (F)
Oil Painting—Tuesdays at 1pm (F)
Ping Pong—Check Calendar in this newsletter (F)
Reflexology—By appointment (\$)
Reiki—First Thursday or the month (\$)
Sing-Alongs—Third Tuesday of the month at 12:30 (F)
Tai Chi—Mondays at 10:30am (\$)
Therapeutic Exercise—Tuesdays at 1:30pm (F)
Yoga—Wednesdays at 10am (\$)

Community Café Free Lunch Winner

Congratulations to our September winner, Priscilla Waite. Enter for a chance to win a free lunch, compliments of CW Resources.

August's Brain Teaser Winners

Linda Burgess, Carolyn Campagna, *Kathy Cassella, Nancy Clayton, Anamarie Cook, Jo DeMaio, Joan Fazzino, Bob Hickcox, Ray Hubbard, Joan Konareski, Stu Laribee, Sue Laribee, Annabelle Malone, Ann Osora, Krishna Ramirez, Carol Russo, Carla Salerno, Chuck Stanley, Coe Tewksbury & Rosemarie Vecchitto

Congratulations to all of our winners. Please stop by the Center to pick up the October Brain Teaser.

Baking Pumpkin Cupcakes Monday, October 26th at 2:30pm



Interactive baking class where you take home what you make! \$2 and pre-registration is required. Please plan to stay until 4pm. Sign up early as this fills up quickly!

Socialize & Paint Friday, October 9th at 5:30pm



This month's painting will be pumpkins. Come socialize and have fun with friends! This program has been expanded to ages: 18+ and is being co-hosted with the Recreation Division so you can sign-up online or in person. Register early so you don't miss out!

Senior & Community Ctr Guided Tours


If you haven't been to our center yet and would like a guided tour. We will be offering tours on 10/13 at 10am and 10/23 at 3pm.

Transportation (860) 347-3313

Dial-a-Ride— The fare is \$2 one-way. At least 1 day advance notice needed and application on file. **Enhanced Dial-A-Ride**—60+ adults can get free transportation to the Center with reservations at least 1 day in advance.

Lunch Served Daily

Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The reservation line can only be answered from 10-12:30 Monday to Friday (excluding holidays). The suggested donation is \$2 per meal. Please call Brian, our café manager at 860-558-5285 for a reservation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
5 9:00 Exercise 9:00-3:00 Massage Therapy 10:30 Tai Chi 11:00 Music with Krishna 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 1:30 Pizza & A Movie "The Age of Adeline"	6 9-3:30 Foxwoods Bus Trip 9:30 Bunco 9:30 Zumba (DVD) 12:00 Lunch 12:30 Movie in Socialization Room 12:30 Musical Entertainment Michael Armentano 12:45-1:45 Blood Pressure Clinic 1:00 Intermediate Oil Painting 1:30 Therapeutic Fitness **New Time** 2:30 Game Shows	7 9:00-9:45 Exercise 9:30 French Toast Breakfast 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00-4:00 Ping Pong Available	8 9:00-12:00 Mahjong 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Knitting 2:00 Line Dancing 3:00 Earlybird Dinner of Rhode Island Clam Chowder, Hamburger and Dessert	9 9:00 Bocce 9:30 Zumba (DVD) 9:30 November Bus Trip Sign-ups 11:00 Guided Meditation with Elizabeth **New** 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Card Games in Multi-Purpose Room **New** 5:30 Socialize & Paint Night Event
12 CLOSED FOR THE COLUMBUS DAY HOLIDAY	13 9:30 Bunco 9:30 Zumba (DVD) 10:00 Senior & Community Center Guided Tour 12:00 Lunch 12:30 Movie in Socialization Room 12:30-3 East Side Restaurant Bus Trip 12:45-1:45 Blood Pressure Clinic 1:00 Intermediate Oil Painting 1:30 Therapeutic Fitness	14 9:00-9:45 Exercise 9:00-2:30 Foot Care 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:30—AARP 3394 Membership Meeting	15 9:00-12:00 Mahjong 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Knitting 2:00 Line Dancing 3:00 Apple Crisp Social, Music and a Balloon Artist	16 9:00 Bocce 9-11 Computer Training 9-11 Manicures 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth **New** 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Card Games in Multi-Purpose Room **New**
			1 9:00-12:00 Reiki 9:00-12:00 Mahjong 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Knitting 2:00 Line Dancing	2 9:00 Bocce 9:30 Zumba (DVD) 10-1 Flu Clinic 11:00 Guided Meditation with Elizabeth **New** 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Card Games in Multi-Purpose Room **New**

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1:30 Therapeutic Fitness **New Time** 1:30 Memory Enhancement Techniques Workshop 2:00-4 Ping Pong Available	19 9:00 Exercise 9:00-3:00 Massage Therapy 10:30 Tai Chi 10:30 Volunteer Club Meeting 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 3:00 October Birthday Party sponsored by Water's Edge	20 9:00 Southwick Zoo Bus Trip 9:30 Bunco 9:30 Zumba (DVD) 12:00 Lunch 12:30 Movie in Socialization Room 12:30 Sing-Along Led By Barbara 12:45-1:45 Blood Pressure Clinic 1:00 Autumn Lake Craft 1:30 Therapeutic Fitness **New Time** 2:00-4 Ping Pong Available	21 9:00-9:45 Exercise 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:00-1:00 Hearing Screening 12:30 Ceramics 1:00 Bingo 1:00-4:00 Ping Pong Available	22 9:00-12:00 Mahjong 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Cards (Setback) 1-3 FALL CRAFT FAIR—no other afternoon activities 6:00 Medicare Informational Seminar regarding Open Enrollment	23 9:00 Bocce 9:30 Zumba (DVD) 10:00 Fall Craft with Heidi 11:00 Guided Meditation with Elizabeth **New** 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Card Games in Multi-Purpose Room **New** 3:00 Senior & Community Center Guided Tour
	26 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:30 Book Club Meeting 2:30 Baking Class	27 9:30 Bunco 9:30 Zumba (DVD) 10:30-2:30 Blue Back Square Bus Trip 12:00 Lunch 12:30 Movie in Socialization Room 12:45—1:45 Blood Pressure Clinic 1:30 Therapeutic Fitness **New Time** 2:00 Live With Laura Episode 2 (Don't Miss This!!)	28 9:00-9:45 Exercise 9:00-2:30 Foot Care 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00-4:00 Ping Pong Available 1:30pm AARP 3394 Executive Board Meeting	29 9:00-12:00 Mahjong 10:00 Exercise 10:30-2:00 Lyman Orchards/Time Out Tavern Bus Trip 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Knitting 2:00 Line Dancing 5:30 Fall Harvest Party with Roast Beef, Live Musical Entertainment and fun Halloween themed games	30 9:00 Bocce 9:30 Zumba (DVD) 10:30 Health Seminar (Breast Cancer) 11:00 Guided Meditation with Elizabeth **New** 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Card Games in Multi-Purpose Room **New**

Please have your membership card with you whenever using the Senior & Community Center. We will be checking at all of our programs and classes. A current registration form on file is needed to obtain a membership card. If you don't have a card, please fill out a registration form immediately. Thanks for your cooperation.



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860-669-5305

(East Hampton Office)
240 Middletown Ave.
860-295-6440



Bus Trips

October

6th— Foxwoods Casino (9-3:30) \$4
13th— East Side Restaurant (12:30-3) \$3
20th—Southwick Zoo (9-2 *Leave zoo at 2)
 Lunch on your own \$12 fee is for bus and
 zoo admission
27th—Blue Back Square (10:30-2:30)\$3
29th—Lyman Orchard Store & Time Out
 Tavern (10:30-2)\$3

November

3rd— Mohegan Sun (9-3) \$4
10th— Clinton Outlets & Chips Pub (10-3)
 \$3
17th—Christmas Tree Shop & Cracker Bar-
 rel Restaurant (10-3) \$4
24th— IKEA & FishTale (9:30-2:30) \$4

Bus Sign-ups for the November trips is October
 9th at 9:30am. Sign-ups are done by a lottery.
 Numbers are drawn at 9:30am. Only Middletown
 Residents who present their membership card
 and proof of residency or members who are Mid-
 dletown taxpayers with proof of paid taxes can
 participate in the bus lottery.

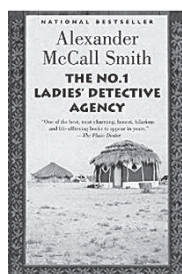
Music with Krishna Monday, October 5th at 11am



Our member, Krishna Ramirez
 will share her talent with us by
 playing the sitar, harmonium,
 and tabla. The performance
 should last approximately 1
 hour. Come for the fun and
 stay for lunch. Please make
 your lunch reservations in ad-
 vance.

October Birthday Party Monday, October 19th at 3pm

Celebrating all October Birthdays!!
 This program is generously spon-
 sored by Water's Edge Center for
 Health & Rehabilitation. All are
 Welcome. Please pre-register by
 10/16 and let us know if you have
 an October birthday.



October Book Club Monday, October 26th at 2:30pm

This month's book is "The No. 1
 Ladies Detective Agency" by
 Alexander McCall Smith. All are
 welcome to participate. Books are
 available at the front desk for \$3.

Pizza & A Movie

Monday, October 5th at 1:30pm



This month's movie is "The
 Age of Adaline" starring
 Blake Lively, Michiel Huis-
 man, and Harrison Ford
 about a young woman, born
 at the turn of the 20th centu-
 ry rendered ageless after an
 accident. After many soli-
 tary years, she meets a man
 who complicates the eternal
 life she has settled into. \$2
 for the pizza and a movie.
 and pre-registration is re-

quired. Registration closes on 10/2. You must be
 registered to attend this program.

Computer Training / Technical Support Friday, October 16th 9am-11am



This free program is sponsored by
 Vinal Technical High School. Pre-
 registration is required.

Manicures

Friday, October 16th 9am-11am

Free manicures sponsored by Vinal
 Technical High School. Pre-registration
 is required.



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French Toast Breakfast
Wednesday, October 7th at 9:30am

Delicious French toast and bacon breakfast. \$2 and pre-registration is required.



Deadline to register is October 5th.



October 6th
At 2:30pm

Games such as Jeopardy and Wheel of Fortune will be played. The maximum number of contestants each round is 20. No pre-registration required. Prizes are grocery items.



Sing-Alongs Led by
Barbara Arafeh

Join Barbara for a fun sing-along on October 20th from 12:30-1:30pm. No pre-registration required. Come socialize, sing and have fun! Sing-Alongs are the third Tuesday of every month.

Dates: 10/20, 11/17, 12/15

Memory Enhancement Techniques
Workshop October 13th at 1:30pm

By popular demand, we've added this 2nd class!!

This workshop includes simple, easy for all to learn memory techniques for remembering numbers, information, grocery lists, recipes, etc. A variety of techniques like mnemonics, the Peg system, the Journey system, the Linked method, and memory by association will be used. Please plan to spend 2 full hours. \$1 and pre-registration is required. Space is limited.